



Press Release

Immediate Release

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### **Cygnet Hospital Colchester Celebrates Africa Day**

A mental health hospital in Essex united for a day of fun and food to celebrate its diverse staff network.

Located on Boxted Road, Cygnet Hospital Colchester is a 59-bed service for men with learning disabilities, autism spectrum disorders or mental health needs.

The Cygnet Health Care service celebrated Africa Day on 29 May, with both staff and service users taking part in the fun-filled day.

Hospital Manager Lynn McGhee highlighted the importance of the celebrations: "Here at Cygnet Hospital Colchester, we have lots of staff who come from various African countries.

"We wanted to celebrate our staff and give our patients an opportunity to help others feel included and respected. Joining in on cultural events is a great way to further understanding, acceptance and just to have fun together."

The service was lit up by a parade of national and traditional attire, with staff donning their best and brightest outfits.

Staff and service users enjoyed an array of African food in the sunshine with a background of African music played by Eze the DJ.

"Our staff delivered some outstanding platters and did a wonderful job. It was great to see so many people, including some service users who don't normally attend these events, taking part and joining in," explained Lynn.

"People were really enjoying themselves. There were smiling faces, energetic dancing and contagious joy."